



Washington State begins its 2023 Legislative Session

By SENATOR BRAD HAWKINS

The 2023 legislative session began on January 9th. This session takes place following elections within the new legislative district boundaries and will include development of the three state budgets (operating, transportation, and capital) for the 2023-2025 biennium. The session is scheduled for 105 days. It is a longer session considering the budget development required, and many questions will likely arise.

Please know that serving you and answering your questions about state government is very important to me and my office. I'd like to take the time to introduce my staff who will be working hard this year to help answer your questions and keep you connected with state government. The legislative offices have some year-round employees, but additional staff are hired to assist with the high workload associated with the legislative session. My office works very hard to select the best people for staff because I view them as an important element of my public service to you.

The way I view my job as your state senator is that I work for you. As constituents of the 12th District, you are and always will be our number-one priority. As you can probably imagine, legislators receive speaking and meeting requests from throughout the state, and many organizations and state agencies hire professional advocates to reach out to us. I appreciate the role that statewide groups and their hired advocates have in the legislative arena, but I never want their active participation in the process to overshadow your opportunity to share insights with me.

Meeting the office staff

My office staff understand my philosophy for constituent customer service and will be assisting me with scheduling requests, bill tracking, media



L to R: Tricia Gullion, Ethan McClintock, Senator Hawkins, Elizabeth Popoff and Emily Galde

PHOTO BY SENATE PHOTOGRAPHY

inquiries, virtual meetings, email responses, and phone calls.

We value public service and the opportunity you provide us to help you. Given the high volume of requests and communications we receive – and the research required for responses – it may take us a couple of days to get back to you, but we will be working very hard to ensure that not a single constituent inquiry goes unanswered. This may seem like a very ambitious goal, but it is the standard set for my office.

Here are the staff helping me this session:

Elizabeth Popoff, Legislative Assistant

Elizabeth was recently hired as my Legislative Assistant. She is returning to my office as she worked last session as my Legislative Session Aide. Now as my Legislative Assistant, she works closely with me on all matters in the office, with constituents, and on legislative priorities. She and the

other staff will assist with meeting requests, constituent appointments, email responses, and other activities. Elizabeth is a native of the Wenatchee Valley and was a member of the 2019 Apple Blossom Festival Royal Court. She graduated from

CONTINUED TO PAGE A2



PUD Commissioners Bergren and Allen sworn into service

Submitted by RACHEL HANSEN

Senior Communications Strategist

WENATCHEE – Chelan County Auditor Skip Moore swore into office two newly elected commissioners on Monday, January 9, Kelly Allen and Carnan Bergren.

For Bergren, the ceremony was more of a reunion than an initiation. He previously served eight years (2008- 2016) as a Chelan PUD commissioner. A retired fruit grower, Bergren recently relocated from Peshastin to Chelan Falls. He will serve a six-year term representing District 3 (North Wenatchee, Entiat, Chelan Valley).

"It's fun to talk with people I haven't seen for a while," Bergren said. "I bring a legacy of knowledge as a former commissioner, and I'll be calling upon that as we go forward."

Kelly Allen, a Chelan business owner, will serve a four-year term in an at-large position on the board.

The board of commissioners also elected its 2023 officers Monday: Commissioner Randy Smith as board president, Commissioner Steve McKenna as vice president, and Commissioner Garry Arseneault as secretary.

"I view this as a new board," McKenna said. "It's not just new people coming on board and trying to figure out how to fit in. We all have to figure out how we'll work together and continue to do good things for Chelan County PUD."

In other news, commissioners thanked staff for their efforts to restore power during a record-breaking cold snap, and also during several tree-caused outages over the last three weeks. They also celebrated a re-affirmation by Standard and Poor's rating agency of Chelan PUD's AA+ credit rating with a stable outlook.



SUBMITTED PHOTO. 2023 Chelan County PUD board of commissioners



SUBMITTED PHOTO. Newly elected 2023 Chelan County PUD Commissioners, Kelly Allen and Carnan Bergren taking their oath of office.

Cashmere City Council Meeting

By KIRK BECKENDORF

Reporter

At Cashmere City Council's Jan. 9 meeting, Mayor Jim Fletcher announced that on Feb. 13 there will be a joint meeting of the Council and the Cashmere Planning Commission (CPC). Fletcher said the Commission is seeking guidance and direction to focus their next efforts. He told the Council that he wants Council members to start thinking about the joint meeting and for them to develop a list of topics for the Commission to investigate. He suggested that these could be either short- or long-term issues that should be studied to help the City plan for the future. He added that these need to be well defined, otherwise the CPC members really won't know what direction to take. Director of Operations, Steve Croci, suggested thinking out 20 – 30 years and reiterated that the Council pick specific topics for the Commission, not just general concepts. He said specifics are necessary to keep the CPC from wasting their time researching issues that are not relevant to the Council or the city. Responding to a question from Councilwoman, Shela Pistoresi, Croci, replied that the CPC has been focusing their recent efforts on updating the Parks' Plan, economic development options for the lagoon area and residential housing issues.

The mayor said that growth will happen whether or not the city plans for it, and he suggested that long-term planning is necessary to direct the growth and development, rather than just accepting what developers do. To seed the Council's conversation, Fletcher offered several topics for discussion, including:

- Ways that the city can invest in growth.
- The expansion of utilities to influence where growth is desired.
- Possible ways to enhance business and industrial growth.
- City zoning and housing density.
- Modification of development standards such as where to require curbs, gutters, and side-walks.

Pistoresi suggested that in considering flexibility in zoning, that would allow development of multi-family housing along transit routes. Chris Carlson recommended investigating infill and higher density within the city. Councilman, John Perry, added that although it does make sense to include multifamily housing, he does not however, want Cashmere to become a sea of apartments. He said it may be necessary to build density, but personal ownership is important. Fletcher said that he wants to encourage ownership and that he prefers rental-property owners to be local residents who are part of the community, not absentee landowners/investors.

The Council also discussed potential directions of growth (particularly towards the south and west), the locations of urban growth areas (UGA) and how extending utilities into specific locations could be used to help direct growth.

In a unanimous vote, the Council approved a contract with the WA Department of Corrections for convict work crews to assist with maintenance tasks such as shoveling snow, landscaping, and general labor. Croci explained that the contract was a continuation of an existing agreement. The City Treasurer/Clerk said that the crews were very helpful and that it was a beneficial program. In a final announcement, Fletcher told the Council that he has talked with the Community Economic Revitalization Board and they have grant funding available that he would like to try and obtain. If received, the funds would be used to do a feasibility study to help decide what the city should do with its excess buildings and facilities.

THIS WEEK

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Church Guide.....A4	Student Spotlight.....B1	



\$100

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Flywheel Investment Conference opens 2023 competition



Group photo of award winners from the 2022 Flywheel Investment Conference

SUBMITTED PHOTO

SUBMITTED BY JENNY ROJANASTHIEN

Executive Director

WENATCHEE – The annual Flywheel Investment Conference presented by

Moss Adams, Ogden Murphy Wallace, Confluence Health, and Microsoft has opened applications for the 2023 investment competition.

The Flywheel Conference is now accepting applications from

early-stage Washington state companies who are looking for funding. Companies can apply to compete for a \$150,000+ investment award during the Flywheel Conference held April 19-21 in downtown Wenatchee,

Washington. In addition to the investment offering, there is a \$50,000 relocation offer and a \$5,000 cash prize.

Any Washington state-based company can apply to compete. The competition

is open to companies across all industries. There is no application fee to compete. All companies who submit a completed application receive 50% off conference tickets and recognition regardless of placement. The top finalists will compete live in Wenatchee for investment awards and prizes during the conference from April 19-21. Finalists receive free tickets, accommodation, and complimentary tours. Applications are due February 14. To apply visit www.flywheelconference.com/apply.

Since 2018, over one million dollars in investment awards have been offered at the Flywheel Conference, with millions in follow-on deals for founders who have competed at the event. The Flywheel Conference continues to grow and expand, solidifying its reputation as a great meeting place for entrepreneurs and investors.

Every year a new LLC is formed by the Flywheel Angel Network to invest in the winner(s) of the conference. The Flywheel Angel Network is a group of angel investors who are passionate about supporting economic development in North Central Washington. Managing the investment awards is the Flywheel Conference 2023 Fund LLC, led by Glenn and Cheryl Adams.

Tickets to attend the 2023 Flywheel Conference are on sale to the public now. All tickets are 20% off until

March 1 with discount code EARLYBIRD on Eventbrite. To learn more visit www.flywheelconference.com.

About the Flywheel Investment Conference: The Annual Flywheel Investment Conference is organized by NCW Tech Alliance and hosted in partnership with the Flywheel Angel Network. Held in downtown Wenatchee, WA, the Flywheel Conference features an investment competition, educational speakers, and networking opportunities. The conference is a unique opportunity for investors, entrepreneurs, and the community to come together to connect, learn, and develop resources for building companies. Past investment award winners include: Cartogram (2018), Beta Hatch (2019), Agtools (2020), SyncFloor (2021), Iasis Molecular Sciences (2021), BrainSpace (2022), and ZILA Works (2022). More information at www.flywheelconference.com.

About NCW Tech Alliance: Since 1999, NCW Tech Alliance has served as the region's tech alliance, championing growth and development in North Central Washington. As a 501(c)3, NCW Tech Alliance's mission is to bring together people and resources in technology, entrepreneurship, and STEM education. For more information visit www.ncwtech.org.

NCW Libraries offers two virtual programs for adults

SUBMITTED BY MICHELLE MCNIEL

NCW Libraries is offering two upcoming virtual opportunities for adults. A Humanities Washington presentation about Mt. St. Helens and a NCW Virtual Reads program featuring popular author Yasmin Ramirez.

In the first program, NCW is partnering with Humanities Washington to offer the live, virtual program After the Blast: Mount St. Helens 40 Years Later.

This program will be at 7 p.m. Jan. 25 and held on the Zoom platform.

Writer and biologist Eric Wagner will take participants on a journey through the Mt. St. Helens blast zone. Explore the surprising ways that plants and animals have survived in the 40-plus years since the May 18, 1980, explosion, and the complex roles that people have played in the recovery. Attendees will have an

opportunity to ask questions. Wagner is a Seattle-based author whose published books include After the Blast: The Ecological Recovery of Mount St. Helens. He holds a PhD in biology from the University of Washington.

Humanities Washington is a nonprofit organization in Washington state that was established by the National Endowment for the Humanities more than 40 years ago. It works with libraries, museums, colleges, historical societies and other nonprofit agencies to bring programs that foster community discussion.

The second program is part of NCW Virtual Reads, in which NCW Libraries hosts author events that spark conversations, curiosity and learning. Mexican American author Yasmin Ramirez will give a live, virtual talk at 7 p.m. on Feb. 9. She will discuss her debut memoir, her writing process, and talk

about the playlist she made to accompany the book.

Her memoir, ¡Ándale Prieta!, delicately shares the experience of a young Latina growing up on the U.S.-Mexico Border and subsequent years searching for herself and fulfillment after the passing of her grandmother. Ramirez is an Assistant Professor of English, Creative Writing and Chicana Literature at El Paso Community College.

All NCW Virtual Reads events are free and open to the public. Events are held through the Zoom digital meeting platform. During each event, attendees will hear from the author and then have an opportunity to submit questions for the author to answer live. To participate, register at www.ncwlibraries.org

You must register to attend. Register for both of these events at www.ncwlibraries.org. Click on News & Events

and find them on the events calendar. A Zoom link will be sent by email.

Brad Hawkins

CONTINUED FROM PAGE A1

the University of Washington with a communications degree and is nearly completed with her Master of Public Administration degree through the University of Idaho. Her work experience includes RH2 Engineering, Cashmere Valley Bank, Fabulous Feet Dance Studio, and Lake Life Chelan.

Emily Galde, Legislative Session Aide

Emily is joining my office this year as my Legislative Session Aide. She is a senior at Washington State University, completing her final internship class as part of her Political Science and Pre-Law Program. Emily will be based in our Olympia office and assist with incoming correspondence, constituent visits, and capitol tours, among many other things. Emily is very passionate about state government and the judiciary branch. Her past work includes working for Lake Life Chelan, in restaurant service, and as a legal intern.

Tricia Gullion, Public Information Officer

Tricia is a senior member of the communications staff assigned to me through the Senate Republican Caucus. She has worked closely with me on all aspects of my communication efforts since 2022, including managing my

website, editing my email newsletters, reviewing my guest opinion submittals, distributing news releases, coordinating local radio interviews, and responding to media requests. An Olympia native, she graduated from Walla Walla University with a communications degree. She previously worked for the Washington State School Directors' Association as legislative coordinator and the House of Representatives as a legislative assistant.

Ethan McClintock, Legislative Intern

Ethan McClintock is serving as my Legislative Intern this session. He spends a portion of each week completing a rigorous program with other interns from state universities. In addition to his intern program duties, Ethan will work each day for my office, tracking legislative priorities, meeting with constituents, responding to phone calls, and coordinating correspondence. Ethan is from Vancouver, Washington

and is currently a student at Washington State University studying Public Affairs.

Staying connected with us

For the 2023 session, my staff and I will be back in-person from the State Capitol and our Olympia office. After two years of remote work, returning to in-person activities has taken extra coordination to ensure that our high standards for constituent customer service can still be achieved. Our Olympia offices are also in a new, temporary building while our prior offices are being rebuilt and remodeled. Despite all the changes for this session, the goal of my office is to be very responsive to your inquiries and provide the highest level of customer service. If you have any questions, please connect with us through our website at senatorbradhawkins.org or our Legislative Hotline at 1-800-562-6000. Thank you for the opportunity to serve as your state senator.

Wacoka Kiwanis of Cashmere would like to give all the local businesses, clubs and everyone who contributed to the collection jars. A great BIG THANK YOU! You made our Christmas for Kids FANTASTIC!!

FOR YOUR VOTE!

Thank you for your enthusiastic support throughout this campaign. With your votes, you have all encouraged me. You have indicated your faith in me with your vote, and I plan to honor it. **Thank you for having faith in me and appointing me to this important job.**

I am anxious to represent and to serve all the residents of Chelan County. I would like to express my immense gratitude and sincere thanks for your trust in my leadership and for the opportunity I have received to be the representative of Chelan County. I anticipate the opportunity to work together with team spirit in the day-to-day functioning of our county and for the well-being of our people.

Shon Smith, Chelan County Commissioner District #2

CASHMERE VALLEY **RECORD**

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\$45 for print and online
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Letters policy

The Cashmere Valley Record welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from nonprofit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to leavenworthecho.com.

Corrections

The Cashmere Valley Record regrets any errors. If you see an error, please call 509-548-5286. We will publish a correction on this page in the next issue.

News tips

Have an idea for a story?
Call the Record at 509-782-3781

Classified Advertising

Classified ads can be placed during normal office hours by calling 509-548-5286, by emailing classifieds@leavenworthecho.com or online at NCWMARKET.COM

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COMMUNITY BULLETIN BOARD

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- Any non-profit 501(c)-(3) group, person(s).
- Must provide: full name, city, phone number.
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- Want to place Your Community News Online? Go to NCWMARKET.COM 24/7
- Garage and Yard Sale Ads are paid events, please email: classifieds@leavenworthecho.com or place online at NCWMARKET.COM
- For info call: Leavenworth: 509-548-5286, email: reporter@leavenworthecho.com
- Cashmere: 509-782-3781, email: reporter@leavenworthecho.com

COMMUNITY CALENDAR

Wednesday

Cashmere Rotary Club: meets at Cashmere Presbyterian Church hall, noon. Co-presidents Tracy Franklin 509-670-1165 and Kelley Boyd.
Mission Creek Community Club: meets every month, 7 p.m. (1st and 3rd Wed.).
Cashmere Food Bank, open 2nd and 4th Wednesday from 3-4 p.m. Cashmere Food Distribution Center, 316 River St., for more information, call Pam, 509-245-6464

Thursday

Caregiver Support Group, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.)
Cashmere Sportsman Assoc. (Cashmere Gun Club), open to the public for trapshooting 7-10 p.m. Private rentals by appointment. Call Brian James, 509-782-3099.
Cashmere American Legion Post #64, 7 p.m., American Legion Hall, 401 Sunset Highway. Commander Ken Komro, 509-782-4973. (1st Thurs. of every month, August -June).
Cashmere American Legion Auxiliary #64, 7 p.m., American Legion Hall, 401 Sunset Highway. President Linda Ingraham, 509-679-0243. (1st Thurs. of every month, August -June).

Friday no events

Saturday

American Legion Bingo, first call is at 6:15 p.m. American Legion Hall, 401 Sunset Hwy. Cashmere. Call 509-888-1904 and leave a message for Wiley Collins.

Sunday

CHURCH: See the church page for local service times and events.

Monday

Cashmere Wacoka Kiwanis Club, 6:30 p.m., American Legion Hall, lower level. 6:30 p.m. Call Pam Leighton, 509-669-3159. (4th Mon.)
Tillicum Riders: 7 p.m. Chelan County Fairgrounds. Call Cindy, 509-662-5984. (1st Mon.)
Cashmere City Council, 6 p.m., City Hall (2nd & 4th Mon. of each month (unless a holiday, then Tues.).
Planning Committee Meeting, 5 p.m. at City Hall (1st Mon. of each month unless a holiday, then Tues.).
Cashmere Fire Department, Business management, 7 p.m., above City Hall. Call Chief Cy, 509-782-3513. (3rd Mon.)
Cashmere Fire Department, meeting, 8 p.m., above City Hall. Call Chief Cy, 509-782-3513. (3rd Mon.)
Cashmere School Board Work Session, Board work sessions are typically held towards the beginning of the month at 6:30 a.m. with no action taken. For updated info. Visit www.cashmere.wednet.edu
Cashmere School Regular Board Meetings, are typically held towards the end of the month at 7 p.m. with action taken. The schedule for meetings is subject to change to accommodate conflicts in schedule or special circumstances. Visit www.cashmere.wednet.edu for the most up to date info.
Chelan Douglas Republican Women, Meetings at Highlander Golf Club, 2920 Eighth St. S. E. East Wenatchee Please, RSVP if you want to have lunch. Check-in begins at 11 a.m. and the meeting will begin at Noon. Call Ellie: 425-319-9869. (1st Mon., monthly).

Tuesday

Icicle & Peshastin Irrigation Districts: Current meeting time 8 a.m. at 5594 Wescott Drive. Call Anthony Jantzer, cell, 509-433-4064, 509-782-2561 or tony.iid.pid@ncwi.net. (2nd Tues.)
Peshastin Water District, meets at 5:30 p.m. Contact: Steve Keene for meeting location. 509-548-5266. (2nd Tues.)
Cashmere Chamber of Commerce. Noon, everyone is invited to attend as a guest. Call Executive Director, for meeting location. 509-782-7404. (3rd Tues.)
The Chelan County Cemetery District #2 (Peshastin) meets at 6 p.m., at the Memorial Hall, located at 10204 Main Street. (2nd Tues.)

NCW Libraries

Cashmere Public Library: 509-782-3314
You can order your books online at ncwlibraries.org or call 1-800-426-READ (7323).
 Mon., Tues., Thurs., and Fri., 9-6, Wed. 1-6 and Sat., 10-2. Closed Sun. 300 Woodring Street. Call 782-3314, or online at cashmere@ncwlibraries.org
Cashmere Museum and Pioneer Village
 Call for more information 509-782-3230
Chelan County Historical Society Board meets, 7 p.m., Cashmere Museum, 600 Cotlets Way. Call Nicky 509-782-3230. (3rd Thurs.)
Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

CHELAN COUNTY SHERIFF, FIRE & EMS REPORTS

This report is compiled from records provided by the Chelan County Sheriff's Office and RiverCom. The publisher cannot certify the complete accuracy of the information provided.

Jan. 6

08:53 Agency Assist, 2297 Mission Creek Rd.
 10:58 Public Assist, 8734 School St., Dryden
 16:26 Traffic Offense, Olive St., and Mission View Pl.
 17:35 Traffic Offense, 201 Riverside Dr.
 18:13 Runaway, 241 Independence Way
 17:14 Public Assist, 4520 Eels Rd.
 19:38 Hazard, 1800 block Sleepy Hollow Rd., Monitor
 19:48 Non-injury Accident, 201 Cottage Ave.

Jan. 7

09:11 911-call, 4300 Old Monitor Rd., Monitor
 09:50 Trespassing, 702 Pioneer Ave., Pioneer Market
 14:44 911-call, 817 Pioneer Ave.
 15:51 Alarm, 4752 Sky Meadows Rd.
 18:00 Prowler, 5017 Old Monitor Rd., Monitor
 23:11 Disturbance, 513 Cottage Ave.
 09:13 Diversion, 239 Independence Way
 09:23 Harassment/ Threat, 2297 Mission Creek Rd.
 11:14 Civil Dispute, 7900 Stine Hill Rd., Dryden
 11:55 Assault, Mission Creek Rd. MP 4
 11:57 Welfare Check, 117 Aplets Way, Cashmere Valley Bank
 12:56 Harassment/ Threat, 300 Aplets Way, Hometown Market
 14:37 Domestic Disturbance, 1875 Mission Creek Rd.
 15:33 Parking/ Abandoned Vehicle, 402 Pioneer Ave., Simpson Memorial Park
 17:04 Animal Problem, Stine Hill Rd., and Thompson Ln.
 17:38 Non-injury Accident, 329 Tigner Rd., Cashmere High School

Jan. 8

08:03 Unknown-injury Accident, 7500 block Stine Hill Rd.
 09:00 Trespassing, 5607 Sunset Hwy.
 20:52 Traffic Offense, Aplets Way and Mission Ave.

Jan. 9

09:23 Civil Dispute, 365 Riverside Dr.
 11:49 911-call, 2297 Mission Creek Rd.

Jan. 10

12:31 Parking/ Abandoned Vehicle, 306 Elberta Ave.
 15:54 Theft, 9060 Deadman Hill Rd., Dryden
 16:31 Burglary, 101 Hughes Dr.
 16:31 Domestic Disturbance, 7900 Stine Hill Rd., Dryden
 06:54 Parking/ Abandoned Vehicle, 200 block Elberta Ave.
 08:04 Parking/ Abandoned Vehicle, 200 block River St.
 08:17 Parking/ Abandoned Vehicle, 100 block River St.
 10:07 911-call 307 Mission Ave., Liberty Orchards
 11:11 Trespassing, 310 River St.

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Cashmere

Little Women Play

Will be performed 7 p.m. on January 26, 27 and 28 and February 3 and 4, at the Cashmere Middle School Auditorium. Seats are reserved and tickets are \$15 for adults and \$8 for students and senior citizens. Tickets are available in advance at the Cashmere High School office during school hours. Tickets will also be available at the door, with the box office opening at 6:15 p.m. on performance nights.

Leavenworth

Adult Social walking in the Festhalle

Walking times and days are Monday - Thursday from 7:15 a.m.-9 a.m.
 There is no charge, all you need to bring is your smile and a dry pair of shoes. Please enter the Festhalle from Front Street entrances, please use the one in the middle. The street parking meters are not live until 9 a.m. Unfortunately, we cannot accommodate children at this time. Please call Sharon Waters for further information. 509-548-7939.

Greater Leavenworth Museum

The Greater Leavenworth Museum at 735 Front Street has returned to regular hours. Find information on Leavenworth's beginnings and transformation to a Bavarian village from 11 a.m.-4 p.m. on the 2nd floor (above the Nutcracker Museum) Friday through Sunday. A lift is available for those unable to navigate stairs.

Volunteers needed

The Greater Leavenworth Museum is seeking passionate community members to welcome guests to the museum. No previous museum experience is necessary, but a love of history and a desire to share Leavenworth's story is required. For additional information, email info@leavenworthmuseum.org.

Student Art Show in the Library

From now through Jan. 27, art students from Cascade High School will be having an art show at the Leavenworth Library. The student artists will be displaying drawings and paintings in many different media- charcoal, pastel, paintings, watercolor and mixed media. Student artists include Isabel Bentsen, Rhetta Cummings, Brendan Fallon, Lauren Haiduc, Ellie Holm, Miles Hunt, Ande Lain, Zoey Sheffield, Greer Swoboda, Mia Dreis, Gordon Jeffrey, and Aiden Tuttle. Please stop by during the library's regular hours to see their art show in the Fireside Room.

Regional

Cascadia Conservation District Board meeting

The Cascadia Conservation District Regular Board meeting will be an in person and call-in / Zoom meeting, held on Friday, January 20, 2023, 1:30 p.m. If you wish to attend in person, please call the office as space is limited. More information and instructions will be available on our web site at cascadiacd.org or by calling the district office, 509-436-1601.

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MEETING SCHEDULES FOR AA, ALANON, CELEBRATE RECOVERY

AA Meetings:
 Call for the Zoom link to Leavenworth AA meetings: 541-480-8946
 Call for the Zoom link to Leavenworth AlAnon meetings: 509-548-7939
 509-548-1627, 548-4522, 664-6469, 425-773-7527, 206-719-3379
 Sunday 7 p.m., Leavenworth Senior Center, 423 Evans St.
 Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin
 Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St.
 Thursday, 1 p.m., Leavenworth Senior Center, 423 Evans St.
 Friday, 7 p.m., St. James Episcopal Church, 222 Cottage Ave.
 Friday, 7:30 p.m., Plain Community Church, 12565 Chapel Dr., Plain
Alanon Meetings, call 509-548-7939
 Monday, 7 p.m., United Methodist Church, 418 Evans St.
Renewed Celebrate Recovery, Every Tuesday at 6:30 p.m. at Leavenworth Church of the Nazarene. 111 Ski Hill Drive. Come experience God's grace for all of life's hurts, habits and hang-ups. For more information: CelebrateRecoveryLCN@gmail.com or 509-596-1510.

Obituary & Memorial Policies

NCW Media, Inc.: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald. An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data. Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later. Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday. Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. *Payment is due at the time of placement. *Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited. Deadline is 4 p.m. on Friday - some exceptions may apply. Please call 509-548-5286 for more information Or email classifieds@leavenworthecho.com

UPPER VALLEY CHURCH GUIDE **New to our area? On vacation? These churches welcome you!**

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 509-548-5286

CASHMERE

CASHMERE BAPTIST CHURCH
103 Aplets Way • 509-782-2869
Sunday School, all ages, 9 a.m. Worship 10 a.m.
Bible Study, Wed., 6:30 p.m.
Pastor Bob Bauer
Find us on Facebook at Cashmere Baptist Church

CASHMERE PRESBYTERIAN CHURCH
303 Maple Street • 509-782-2431
Sunday Morning Worship 10:30 a.m.
Call for activities: Pastor Charles Clarke
www.cashmerepres.org

CASHMERE COMMUNITY CHURCH
213 S. Division • 509-782-3811
In-person Service, Sunday, 11 a.m.
until further notice.
Pastor Lilia Felicitas-Malana
cashmerecommunitychurch@gmail.com



CHRIST CENTER
Sunday Worship Service at 10 am
5800 Kimber Rd., Cashmere
509-782-2825
christcentercashmere.com



GRACE LUTHERAN CHURCH
• 509-860-0736 401 Elberta Ave.,
Morning Prayer or Holy Eucharist.
Services, 10 a.m.
Pastor Rob Gohl



ST. JAMES EPISCOPAL CHURCH
• 509-860-0736 222 Cottage Ave.,
Morning Prayer or Holy Eucharist.
Services, 9:00 a.m.
Pastor Rob Gohl

DRYDEN

DRYDEN COMMUNITY CHURCH
Hwy 2 at Dryden Ave. • 509-782-2935
Sunday School 9:30 a.m.
• Worship 10:45 a.m.
Pastor Steve Bergland

MID-VALLEY BAPTIST CHURCH
8345 Stine Hill Rd. • 509-782-2616
Worship Service, 10 a.m.,
Sunday School, 9 a.m.
Pastor Mike Moore
www.midvalleybaptist.org

LEAVENWORTH

CASCADE MOUNTAIN BIBLE CHURCH
Office: 509-548-4331
11025 Chumstick Hwy.
Please join us Sunday mornings
9 a.m., Sunday School
10:30 a.m., Worship Service

CORNERSTONE CHURCH
Leavenworth Grange Hall
621 Front St. • 509-433-7477
Sunday Worship 10 a.m.



LEAVENWORTH COMMUNITY UNITED METHODIST CHURCH
418 Evans Street • 509-548-5619
10 a.m. Sunday Service, Pastor
Jo Dene Romeijn-Stout
Leavenworthumc.org
leavenworthumc@outlook.com

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
10170 Titus Rd. (across from middle school)
Church: 509-548-7667
Meetings: Sunday - 10 a.m.

FAITH LUTHERAN CHURCH - ELCA
"Reconciling Works Congregation"
224 Benton Street • 509-548-7010
Worship 9:30 a.m. w/coffee following
<https://www.flcleavenworth.com>

FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC
429 Evans Street, 509- 470-7745
Sunday Worship: 11 a.m.
Website: www.leavenworthbaptist.com
Email: info@leavenworthbaptist.com

LEAVENWORTH CHURCH OF THE NAZARENE
111 Ski Hill Drive • 509-548-5292
Sunday Worship 9 a.m.
Lead Pastor: Greg Appleby
Youth Pastor Paige Derosssett
Worship Pastor-Jacob Mitchell
www.LCN.org

SEVENTH DAY ADVENTIST CHURCH
10600 Ski Hill Drive • 509-548-4345
Saturday Services • Bible Study 9:30 a.m.
Worship 11 a.m. • Fred Smith • 509-860-3997



SPIRIT LIFE CENTER
210 Benton Street • 509-548-7138
Sunday Worship 10 a.m., Prayer 6 p.m.
Wednesday Bible Study 6:30 p.m.
Pastor Russell Esparza

MONITOR

MONITOR UNITED METHODIST CHURCH
3799 Fairview Canyon • 509-782-2601
In-person service, Sunday, 9 a.m.
Pastor Lilia Felicitas-Malana

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH
8455 Main Street
Sunday Worship 10 a.m. • Pastor John Romine
www.lightinthevalley.org



NEW LIFE FOURSQUARE CHURCH
7591 Hwy. 97 • 509-548-4222
Sunday Worship, 10 a.m.
Pastors, Darryl and Mindy Wall
Email: newlifeleavenworth@gmail.com
FB page: newlifeleavenworth.com
www.newlifeleavenworth.com

PLAIN



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Bulldog Scoreboard


GIRLS BASKETBALL	
Jan. 9:	Cashmere 56, Chelan 18; Win
Jan. 11:	Cashmere 67, Quincy 12; Win
Jan. 14:	Cashmere 56, Wapato 70; Loss
BOYS BASKETBALL	
Jan. 9:	Cashmere 42, Chelan 59; Loss
Jan. 11:	Cashmere 58, Quincy 85; Loss
Jan. 13:	Cashmere 62, Wapato 60; Win
Jan. 14:	Cashmere 58, Wapato 78; Loss

Sports Schedule

BOYS BASKETBALL	
Jan. 20:	Cashmere vs. Omak, Away at 7:15 p.m.
Jan. 21:	Cashmere vs. Quincy, Home at 6:00 p.m.
GIRLS BASKETBALL	
Jan. 20:	Cashmere vs. Omak, Away at 5:45 p.m.
Jan. 21:	Cashmere vs. Quincy, Home at 3:45 p.m.
GIRLS WRESTLING	
Jan. 20:	Othello Lady Huskie Invite, Away at 4:00 p.m.
Jan. 21:	King of the Mtn., Away at Othello 9:00 a.m.
BOYS WRESTLING	
Jan. 19:	Cashmere vs. Chelan, Away at Quincy at 6:00 p.m.
Jan. 19:	Cashmere vs. Quincy, Away at 7:00 p.m.
Jan. 21:	King of the Mtn., Away at Othello at 8:00 a.m.
Jan. 24:	Cashmere vs. Okanogan, Home at 6:00 p.m.

Bulldogs Sports Sponsor of the Year

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Cashmere Physical Therapy
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GO BULLDOGS



PHOTO BY JUSTIN PARDINI
#14 Senior Guard Angelo-Vasquez Ramos defending full court.



PHOTO BY JUSTIN PARDINI
#4 Junior Trae Smith taking the ball to the teeth of the defense.



PHOTO BY JUSTIN PARDINI
#40 Senior Kaitlyn Bjorklund knocking down a couple free throws.



PHOTO BY JUSTIN PARDINI
#42 Sophomore Leah Kunz attempting a reverse layup over the defender.

CONGRATULATIONS, STUDENTS OF THE MONTH!

Cashmere Middle School



Hudson Sadler, 5th grade | Glory Lewis, 5th grade | Simon Nelson, 6th grade | Ayden Gasbar, 6th grade



Tommy Batanoiu, 7th grade | Maggie Butcher, 7th Grade | Noah Adamek, 8th Grade | Cali Diaz, 8th Grade



Mason Dodrill, Estrella Espanola | Brianna McDaniels, Estrella Espanola | Gerardo Vazquez, Mathletes | Mackenzie Van Bogart, Mathletes

Student Spotlight

Athlete: Hugh Wheeler

Reason: The wrestling team is fortunate that we have so many great kids, but what makes Hugh Wheeler stand out is his level of commitment to the process. Hugh is a 3-sport student athlete that understands the level of dedication it takes to accomplish his goals, on and off the mat. He works at achieving his goals year round, making many sacrifices. Hugh's greatest strength is his work ethic and willingness to push through discomfort.

Coach: Rich Wheeler
Parents: Rich Wheeler/Sena Wheeler
Grade: 11th
Activities: Equity Club, Skate Boarding Drawing



GPA: 3.2
Sports: Cross Country, Wrestling and Track
Future Plans: To be a wrestling coach and Teacher.

Student: Kimberly Dodson

Reason: Kimberly Dodson is raising the bar for mathematics students at Cashmere High School. She has set the curve on every exam for UW Calculus with a near-perfect performance over the course of the semester.

Teacher: Patrick Valerie
Parents: Gemma and Jonathan Dodson
Grade: 12th
Activities: FFA, Cashmere Youth Soccer, Cashmere Middle School Power Hour, Cashmere Honor Society



GPA: 2.61
Sports: I do the Boys Basketball stats
Future Plans: To attend

college to major in forensics/be in the criminal justice field.

Cashmere Boys fall to Chelan Mountain Goats in conference matchup

The Cashmere Bulldogs (5-6) hosted the Chelan Mountain Goats (5-6) at the Town Toyota Center in Wenatchee.

This highly anticipated conference matchup was a close game throughout the first quarter, as neither team gained traction and shots failed to fall. Senior guard Angelo-Vasquez Ramos provided a much-needed defensive spark off of the bench, picking up full court and forcing turnovers in his enthusiastic play. Chelan began to knock down shots and maintained a halftime lead of 27-16. After the break, the Mountain Goats wasted no time, springing to a 47-27 lead at the end of three quarters. The Bulldogs had no answer but preserved a good defensive scheme to force difficult shot attempts. Cashmere attempted to regain the lead but fell short to Chelan with a final score of 59-42. Although the final score was not in their favor, the Bulldogs showed grit and defensive prowess in this conference matchup.

PHOTO BY JUSTIN PARDINI

Cashmere Girls breeze past Chelan

The Bulldogs (8-3) faced off against the Chelan Mountain Goats, departing with a final score of 56-18. Cashmere showed their defensive minded approach can not only stop opposing teams from entering offensive sets but can force turnovers leading into fastbreak points and getting to the foul line. Senior Kaitlyn Bjorklund posted a game high of 24 points, racking up 5 steals to add to an impressive outing. Led by a tenacious defense and willingness to drive to the basket, The Bulldogs never deteriorated against Chelan in this conference matchup.

Your strong effort will bring each of you success!

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doanesvalleypharmacy.com



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CLASSIFIEDS

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All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. To complain of discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

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8	2	7	9	3	6	5	4	1
6	3	5	4	1	2	7	8	9
1	4	6	7	2	9	8	5	3
7	9	3	5	4	8	1	2	6
2	5	8	3	6	1	9	7	4
5	8	1	2	9	4	6	3	7
9	7	2	6	5	3	4	1	8
3	6	4	1	8	7	2	9	5

TRACY	ORB	ARIA
LAISLE	MOO	ALONG
LATIN	AWN	STILE
CLINTON	UNHOLY	
GAS	TSAR	
AFT	STAR	BAMBA
DORM	IBID	MAUVE
ERIE	ABBOT	STIR
LAPAZ	AUTO	HEAL
EYELID	NERD	ONE
POSE	SEC	
CRYPTO	DOJACAT	
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LOST & FOUND ITEMS can be placed in our Local Newspapers and Online at NCWMARKET.COM for **ONE week for FREE.** Limit 30 words. A small fee will be charged for over 30 words and pictures or other extras.

Leavenworth/Cashmere
509-548-5286 or email classifieds@leavenworthecho.com or **Lake Chelan Mirror**
509-682-2213 or **Quad City Herald**
509-689-2507 or email mirrorads@lakechelanmirror.com
Deadline Noon on Friday for the next week's papers

Happy Ads

Do you have a **SPECIAL EVENT COMING UP? HAPPY BIRTHDAY CONGRATULATIONS! WILL YOU MARRY ME? HAPPY ANNIVERSARY**

Add unlimited text and pictures, video for your online ad at www.NCWMarket.com

Print ads are limited to 30 words, over 30 words, or extra enhancements like bold words or border will be a minimal extra charge.

Ads will be placed in the following Wednesday edition of the papers. It is easy just Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions.

The Lake Chelan or Quad City Herald or email mirrorads@lakechelanmirror.com For **The Leavenworth Echo or Cashmere Valley Record** Call 509-548-5286 or email classifieds@leavenworthecho.com

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Looking for a home for your Furry friend?

Try the pet section on NCWMarket.com

Employment

Help Wanted

Job Title: Sanitation Driver/Utility Worker

The City of Chelan is accepting applications for the position of Sanitation Driver/Utility Worker. Monthly pay range: \$4,677 - \$5,685. Application deadline: January 27, 2023 or until filled. Go to www.cityofchelan.us for additional information and employment application.

Job Title: Utility Worker

The City of Chelan is accepting applications for the position of Utility Worker. Monthly pay range: \$4,677 - \$5,685. Application deadline: January 27, 2023 or until filled. Go to www.cityofchelan.us for additional information and employment application.

CITY OF CASHMERE Public Works Maintenance Worker

Job Type: Full-Time / Non-exempt/ Union Representation
Pay: Depends on qualifications and experience, minimum starting hourly rate is \$20.78

Benefits: Health, vision, & dental for employee and family, PERS retirement, sick and vacation leave

QUALIFICATIONS

- High school diploma or GED; with additional education and experience necessary for successful performance of this job
- Valid Washington state driver's license
- Must obtain commercial driver's license within 6 months from date of hire

Applications are available at: <https://www.cityofcashmere.org/government/human-resources>

Applications are due by January 25, 2023. For inquires contact Steve Croci at steve@cityofcashmere.org or 509-782-3513.

Looking for a great local employee?

It is easy to place your ad online 24/7 at www.NCWMarket.com Register and pay on our secure site.

Want Print Only for The Lake Chelan Mirror Quad City Herald Brewster
Call 509-682-2213 or email mirrorads@lakechelanmirror.com OR **Leavenworth Echo Cashmere Record**
509-548-5286 or send email to classifieds@leavenworthecho.com

Deadline is Friday by Noon for the following Wednesday issues of all newspapers

Windermere REAL ESTATE
Leavenworth/Lake Wenatchee Specialists

Looking for real estate in the Upper Valley?
Give us a call today!
See all available properties at windermereleavenworth.com

Robyn Bodajla - 617-462-3402
Momi Palmieri - 509-433-2211
Geordie Romer - 509-679-8958
Allyson Romer - 509-630-9898

Help Wanted

Permit Technician

The City of Leavenworth is seeking an energetic self-motivated individual for a full-time position as Permit Technician for Community Development Department. The ideal candidate will have demonstrated excellent organization skills through filing or similar job activities, and have good communication (written and verbal) skills. This position performs a variety of technical and administrative tasks to expedite the processing and issuance of complex and routine permits for multiple departments. Incumbents accept, review, route, and issue permit applications for routine projects as well as large commercial projects. Incumbents utilize the permit tracking database, review applications for accuracy and completeness, determine permit fees, route plans for approval, and monitor and coordinate the processing and issuing of permits. Duties include responding to inquiries about the permit application process, applicable codes, and inspection requirements. This position is a union position with a salary range of \$4,831-\$5,440/month (based on step increases over time); excellent benefits and retirement package included. The full job description and application are available on the City website at www.cityofleavenworth.com/employment or by contacting the City of Leavenworth at (509)548-5275 or 700 US Highway 2, Leavenworth, WA 98826. First review of applications will be on January 15, 2023. Position will remain open until filled. The City of Leavenworth is an equal opportunity employer.

Help Wanted

Data Retriever & Office Support.

FT. Learn to retrieve court records online and from various court record databases Nationwide. Need person who has a positive, solid work history. Takes pride in their work. On time. Independent. Accurate. Familiar with using computer and multi-line phone. Also, team player to help office staff get work completed. \$17.00 to start. Begin earning vacation/sick time immediately. Spanish speaking starts at \$17.50. Pass a Drug Test required. Send resume to: rebekahn@orcainfo-com.com

For Sale

Antiques & Collectibles

Get cold hard CA\$H for your Antiques and Collectibles by placing them in our classifieds. Place your ad with pictures online 24/7 at www.NCWMarket.com Register and pay on our secure site.
Want Print Only? Call **Lake Chelan Mirror Quad City Herald** 509-682-2213 or email mirrorads@lakechelanmirror.com or call **The Leavenworth Echo Cashmere Valley Record** 509-548-5286 classifieds@leavenworthecho.com
Deadline: Noon on Friday for all papers.



Place your Help Wanted and find the best qualified local employee

- Place your ad 24/7 at ncwmarket.com
- Email: classifieds@leavenworthecho.com
- Call 509-548-5286

Garage & Yard Sale

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Fill your pockets with CASH \$\$ Let others know what items you are selling!

Go online now to Place your ad 24/7 at www.NCWMarket.com

Print only? **Deadline Friday at Noon for all papers**

Lake Chelan Mirror Quad City Herald Call: 509-682-2213

Leavenworth Cashmere Call: 509-548-5286

Your ad will appear online and in the newspapers for one low price!

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3 1/2 miles out of town, large bedroom with private bath (with a Jacuzzi tub and separate shower), shared kitchenette, off street parking space, streaming media TV included. Washer, dryer & dishwasher. Utilities included in rent. Lease for \$800.00 per month. Contact Duane 509-423-0554 or email duane@yfn.net

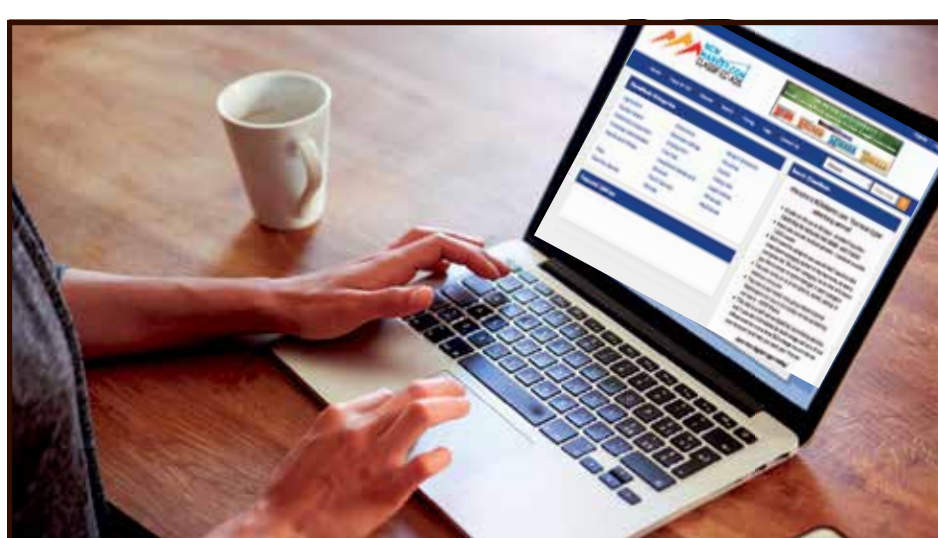
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1/2 ton, 4 x 4- V-8 extended cab and a canopy, new battery. New transmission in 2019 Very clean, 143,964 miles, lots of extras. New price \$16,500 OBO

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NCWMarket.com is a classified advertising service of NCW Media, Inc. Publisher of The Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald & Wenatchee Business Journal

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Legals

Public Notices

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY

In the Matter of the Estate of CAROL IRENE TOEVS, Deceased, NO. 23-4-00002-04 PROBATE NOTICE TO CREDITORS The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the Personal Representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

DATE OF FIRST PUBLICATION: January 18, 2023 PERSONAL REPRESENTATIVE: Kenneth Dale Toevs ATTORNEY FOR PERSONAL REPRESENTATIVE: Thomas D. Overcast ADDRESS FOR MAILING OR SERVICE: OVERCAST LAW OFFICES 23 South Wenatchee Avenue Suite 320 Wenatchee, WA 98801 COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, No. 23-4-00002-04 OVERCAST LAW OFFICES By: /s/ Thomas D. Overcast, WSBA No. 14486 Attorneys for Personal Representative Published in The Leavenworth Echo/ Cashmere Valley Record on Jan. 18, 25, and Feb. 1, 2023

Resolve to protect your finances and your family in the new year

STATEPOINT - After a holiday season spent racking up credit card bills, many Americans consider making financial resolutions in the New Year. However, now is the perfect time to not only reevaluate your saving and spending, but also commit to creating a more holistic financial plan designed to protect your finances and your family.

Consumers are seeking stability and preparedness in today's uncertain economic environment, according to a recent Consumer Sentiment Tracker study by Lincoln Financial Group. With ongoing inflation and market volatility, 56% of respondents cited protection from risk as being most important to them. When it comes to thinking about their finances, people said they have the greatest interest in protecting their family (39%) followed by their income (26%).

"Our research reinforced the importance of financial solutions that can help consumers navigate through market cycles and protect their loved ones," said David Berkowitz, president, Lincoln Financial Network, Lincoln Financial's wealth management business. "People are not only concerned about having enough to pay their bills, but also saving for retirement



PHOTO SOURCE: (c) g-stockstudio / iStock via Getty Images Plus

Be transparent with your loved ones about financial priorities so you can set expectations and work toward your shared financial goals.

and preparing for the unexpected. It's important to have a well-rounded financial plan that can address those risks, protect assets and create positive outcomes for today's families." To achieve a stronger financial future, don't neglect your finances in 2023 — instead, add a little TLC (Talk, Learn, Commit). Resolve to create a robust financial plan using these three tips from Lincoln Financial:

1. Talk about it. Financial conversations play a crucial role. Be transparent with your loved ones about financial priorities so you can set expectations and work toward your shared financial goals. Initiate ongoing discussions to stay on track with everything from saving for retirement to paying for a long-term healthcare event, which can happen suddenly and be very costly. Also, consider talking to a

financial professional who can help identify solutions that best meet your individual needs, as well as drive better outcomes. Lincoln's research found those who work with financial professionals are more likely to prioritize retirement savings (26% vs. 10%).

2. Learn more about tax-deferred investments. Life insurance can be more than just a death benefit, with some types of policies

offering income replacement for unforeseen events. It can also protect your financial security from the impact of taxes, market volatility and longevity. It's not just for individuals and families either, but businesses too. Also, consider diversifying your portfolio with an annuity, which can provide protected growth and monthly lifetime income to help cover expenses in retirement and ensure you have a stream of income.

3. Commit to maximizing your workplace benefits. Look into supplemental coverages like disability, accident and life insurance that may be available through your employer. Solutions like these protect against unexpected events that can disrupt your ability to provide for your family or drive you into additional debt. If you have an employer-sponsored retirement plan, make sure you are contributing and getting a match, if offered. Tap into any financial wellness tools offered at work to help provide you with an accurate picture of your holistic financial situation and lower stress.

Visit www.lfg.com for more tools and resources. With a robust plan, you can help ensure a solid financial future for you and your family.

How to choose an effective decongestant

Last week, my husband came home, complaining, "I can't find Nyquil® at the grocery store! I'm almost out; what will I use if I get the flu?" Nyquil® used to come in only



two options: green or red liquid. Each version had precisely the same ingredients: green Nyquil® was the original flavor, and the red was an attempt at a cherry flavor. These days, there are several more options, each with different formulas.

My husband preferred the older forms of Nyquil® to the ones available today. The original green Nyquil® helped relieve the misery of a stuffy head, headache, and body aches. He could get a decent night's sleep, which allowed him to recover more quickly.

That original Nyquil® formula had 5 main ingredients: Tylenol® (acetaminophen) for his fever, headache, and body aches, dextromethorphan for his cough, doxylamine, an antihistamine that helped relieve his runny nose, sneezing, and helped him sleep, pseudoephedrine as an effective decongestant for his stuffy nose and sinus pressure, and 25% alcohol, which encouraged his sleep.

Today's formulas of Nyquil® liquid don't help my husband's stuffy nose.

That's because the company was forced to change the decongestant in Nyquil®. The original version marketed by the Vicks company contained

pseudoephedrine, an effective decongestant.

The Food and Drug Administration (FDA) decided to restrict access to pseudoephedrine because it was being diverted into making the street drug methamphetamine, or "meth." In 2005, the manufacturers of all non-prescription (OTC) products containing pseudoephedrine were forced to remove it.

In its place, the FDA allowed another decongestant: phenylephrine. Unfortunately, the dose of phenylephrine that relieves a stuffy nose has caused severe side effects, like stroke. Because of this, the FDA has limited the amount of phenylephrine to only 1/3 of its effective adult dose. For many people with sinus congestion, taking phenylephrine is no better than taking a sugar pill.

Nyquil® Severe Cold and Flu remains closest to the original Nyquil®, but I don't recommend using it. It contains phenylephrine, which can increase blood pressure without helping your stuffy nose.

Nyquil® Cold and Flu is the version of Nyquil® we use today. It does NOT contain phenylephrine, so you do not risk it affecting your blood pressure or interfering with blood pressure medications. Whenever my husband has nasal congestion in addition to his fever and body aches, he

can take pseudoephedrine in addition to Nyquil®.

I buy the version of Sudafed® with pseudoephedrine, which is only available "behind the counter." I prefer red-coated 30mg generic tablets over the white 60mg tablets or 120mg long-acting capsules.

What if you have both a stuffy and a runny nose? I have found the most effective way to relieve a runny and stuffy nose is a combination of pseudoephedrine with triprolidine, an antihistamine.

Imagine you are a surgeon who wakes up with a head cold. Even wearing a surgical mask, you wouldn't want your nose to drip or to sneeze on your patient while bent over, performing a procedure, would you? And, as many of us have experienced during the COVID pandemic, if you have nasal congestion, putting on a face mask can make you feel like you are suffocating.

Triprolidine helped dry up the runny nose and ease the sneezing of afflicted surgeons and surgical nurses, and pseudoephedrine relieved their stuffy noses. The combination of these two agents is called Actifed®, which rarely causes drowsiness, which is another benefit.

Decades later, I find this STILL the best remedy for a stuffy, runny nose and sneezing. I make sure to keep a generic version of this formula on hand at all times. Actifed® (triprolidine/pseudoephedrine) is restricted. You will need to ask for it at a pharmacy, and it

will require photo identification and your signature.

Here are 4 tips when choosing a decongestant:

1. **Avoid phenylephrine.** Phenylephrine is NOT effective at the doses allowed by the FDA. Unfortunately, the amount that relieves nasal congestion can cause life-threatening elevations in your blood pressure.

2. **Request the restricted version of Sudafed®.**

It's worth the hassle of purchasing pseudoephedrine in order to have an effective decongestant in my medicine cabinet.

3. **For rapid relief, use Afrin® nasal spray.**

Afrin® (oxymetazoline) nasal spray has been used for years to ease a stuffy and runny nose. Nose spray is less likely to trigger high blood pressure than oral decongestants. Use Afrin® short-term only; after 3-5 days in a row, it loses effectiveness.

4. **If your nose is both running and stuffed up, try Actifed®.**

You'll have to ask the pharmacy for generic Actifed® (triprolidine/pseudoephedrine) tablets.

Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog TheMedicationInsider.com. ©2023 Louise Achey

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		8			3					
8	2				6	5				
6		4			2					9
1										3
	9	5			8				2	
2										4
5			2		4					7
		2	6					1	8	
		4			7					

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

CROSSWORD PUZZLE

THEME: THE GRAMMYS

ACROSS

- Spencer of Hollywood's Golden Age
- Eyeball, e.g.
- Theater passage
- "Tosca" song, e.g.
- "Univision's _____ Grammy Awards"
- Barley bristle
- Turning token taker
- "President with a Grammy"
- Diabolical
- Sold at the pump
- Russian monarch
- Back of a boat
- "Shallow," 2018 recipient from "A _____ Born" movie
- Camila Cabello and Ed Sheeran's nominated song
- College dwelling
- Footnote note
- Shade of violet
- Huron's neighbor
- Head of the abbey
- Done in a pot
- Not manual
- Mend, healthwise
- Eye cover
- Egghead
- Four quarters
- Dog in yoga
- Triple _____
- * _____com Arena
- "Vegas" and "Woman" nominee (2 words)
- Unit of electrical energy
- Hoover's agency, acr.
- Discompose
- Shade of yellow
- I in T.G.I.F.
- Small, olive-gray bird
- "Cheers" regular
- Inquire
- Open up

DOWN

- Bath powder
- Iranian coin
- Spumante
- Be needy
- Gossipy ones
- Arabian Peninsula country
- Column's counterpart
- Holiday surprise for employee
- Palo _____, CA
- Agitate
- Inwardly
- *1970 two-time winner "The _____ of Aquarius"
- Hindu retreat
- Ancient Rome's neighbor
- Nail a criminal
- Popular newspaper name
- *"30" performer
- Pillage
- Beef _____, dim sum choice
- "Don't Shut Me Down" group
- Alan Alda's classic TV show
- Type of hawk
- Type of flu
- Multi-colored dog coat
- One of three square ones
- Shower with affection
- Human trunk
- Sliding fastener
- Part of "I"
- Past-life experience? (2 words)
- Capital of Bulgaria
- Airbnb option
- Channel of fashion
- German industrial valley
- Big Bang's original matter
- Disc, alt. sp.
- Popular dieter's foe
- Between ports
- Chris Hemsworth's superhero
- *Award-winning Bon Jovi's lead singer
- Coldplay's collaborators

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